

# Fearless and Free

September 5, 2025

## FREEDOM

### I. THE WAKENING (Ephesians 1-3)

#### A. Awakening to our True Identity

"He chose us in Christ before the foundation of the world to be holy and blameless before Him in love. He destined us for adoption as His children through Jesus ... Through Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace." Ephesians 1:4-5, 7

"You did not choose me, I chose you." John 15:16

#### B. Awakening to Real Life

What kind of a life did He choose us for? Ephesians 1:4 tells us that He chose us for a \_\_\_\_\_ and \_\_\_\_\_ life.

The word *holy* comes from the Greek word *hagios*, which always brings to mind the idea of \_\_\_\_\_ and \_\_\_\_\_.

*Blameless* comes from the Greek word *amomos*. It's a sacrificial word, used to describe the unblemished animal sacrifice that could be offered to God. It means \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

How can we be blameless?

This is the divine exchange --- our \_\_\_\_\_ for *His* \_\_\_\_\_. Our \_\_\_\_\_ for *His* \_\_\_\_\_.

## II. THE WRESTLING (Ephesians 4-5)

### A. Wrestling with our Mind and Emotions

Ephesians 4:17 challenges us to no longer live in "the futility of our minds." Instead, as it says in Ephesians 4:23-24, we are to "Be renewed in the Spirit of our minds and clothe ourselves with the new self."

Our heavenly Father speaks hope, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ into our lives. The enemy speaks despair, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

Whose voice are you listening to?

### B. Tools and Weapons for Wrestling

## III. THE WARRIOR (Ephesians 6)

### A. Our Warrior Mother

### B. Recognize the Battle

### Discussion Questions

1. Where are you at in terms of joy, freedom, and contentment? Do any of these words or phrases describe you?

numb

tired

insignificant

burned out

trying to stay in control

inadequate

discontented

not enough

perfectionist

powerless

yearning for more

1. Do you feel you walk in your true identity as a beloved daughter of God, or do you find yourself hustling to prove your worth and striving to earn God's love? Or have you given up because the road to holiness just feels too hard?
2. Which section are you most excited to dive into - the Wakening, the Wrestling, or the Warrior? Why?